

Dear Veterans, Military Families and Supporters,

Please find a number of resources below to benefit veterans and military families. They are not endorsed by my office, just a compilation of programs and services that come across my desk. Please feel free to share and vet according to your needs. If you have anything you would like me to share, please forward it. Thank you.

Lisa Terry

New MDVA Veteran Service Officer in Howard County!

Please contact Keida Murray at the Multi-Service Center in Laurel at 410-313-0229 if you have any VA benefits questions.

[MDVA Newsletter](#) – 20 Jan 2017

[How to Use your DD214 to elevate your resume](#)

[Fort Meade Employer Day](#)

January 26, 10am-1pm

Manpower [Hiring Event!!!](#)

Thursday January 26, 2017

9:00 am-12:00 pm

Columbia Workforce Development

Multiple Positions Located in

Elkridge, Maryland and Jessup, Maryland

[Way Station Recruitment Fair](#)

January 27, 2017

11am to 2 pm

At the Columbia Workforce Center

7161 Columbia Gateway Dr.

Columbia Maryland 21046

Avoid the Dark Side in Social Security Disability Benefit Claims

Jan 27 @ 8:00 am – 1:00 pm

We all know that there are a lot of changes occurring at SSA and it is getting more difficult to win claims. Don't miss this year's Disability Benefits seminar to make sure you stay on...

[Preschool & Child Care Information Fair](#) – [Free Flu Shots for 6 months and older](#)

Saturday, January 29, 1-4pm

The Department of Community Resources and Services invites all employees to Howard

County's **Preschool & Child Care Information Fair, "Children On Board"** on **Sunday, January 29 from 1 to 4 p.m. at Ten Oaks Ballroom**, 5000 Signal Bell Lane in Clarksville, Md. Admission is free; however,

attendees are asked to bring a nonperishable food item or unopened package of diapers to donate to the Howard County Food/Diaper Bank. Just announced, the Howard County Health Department will offer free flu shots to everyone age 6 months and older.

Coordinated by the Department's **Office of Children and Families**, "Children On Board" provides parents, guardians, and grandparents with "one stop shopping" for child care, pre-school and summer programs, as well as the opportunity to meet with teachers and program directors. The Parents as Teachers (PAT) program will present a 15-minute informational session "How to Choose an Early Childhood Program" each hour, and representatives from community service organizations that offer programs and services to Howard County's young children will also be on hand to provide information.

For more information about the Fair, contact the Office of Children and Families at 410-313-1940, visit www.howardcountymd.gov/children or email children@howardcountymd.gov

restart Job Fair
Monday, January 30th
BWI Westin
1110 Old Elkridge Landing Rd
Linthicum Heights, MD, 21090
REGISTER HERE

Veterans Lives Matter – Veteran Upwards Panel Discussion
Feb 20, 5:30-7pm
Largo Student Center, Prince George Community College

Veterans Hiring Event
March 1st
Morgan State University

Caregiver Support Program
March 2 thru April 6
Howard County's Office on Aging and Independence Caregiver Support Program course "**Powerful Tools for Caregivers**" will begin on Thursday, March 2, 2017 and run through April 6, 2017. The goal is to improve the lives of caregivers as well as the care recipients through OUTREACH, CONVERSATION, TRAINING AND RESOURCES.

Some of the self-care tools covered:

- Reduce personal stress
- Change negative self-talk
- Communicate more effectively in challenging situations
- Manage your emotions
- Make touch caregiving decisions

To register, please email Kathy Wehr at kwehr@howardcountymd.gov or call 410-313-5955 at the HC Office on Aging and Independence.

Course info:

Thursdays, March 2 thru April 6, 5:00 to 6:30 p.m.

Bain 50+ Center, 5470 Ruth Keeton Way, Columbia, MD 21044

Thursday, June 1 thru July 6, 6:30 to 8:00 p.m.

Howard County General Hospital Wellness Center

Tuesdays, October 3 thru November 7, 5:30 to 7:00 p.m.

Ellicott City 50+ Center, 9401 Frederick Road, Ellicott City, MD 21042

[Howard Community College Hosts Career Information Sessions March 4, 19 and 25](#)

[50+ Connection](#), Feb 2016 – resources for the 50+ community

Howard County Veteran Resource Fair – Vendors Wanted

Vendor applications are now being accepted for Howard County's annual Veterans Resource Fair on **Tuesday, April 4 from 5:00 to 8:00p.m.** at the 50+ Center (next to Miller Branch Library), 9401 Frederick Rd, Ellicott City, MD 21042

If your organization or business provides services, resources or employment opportunities for veterans or military families, we invite you to participate in this free event. While geared toward veterans living in Howard County, all veterans are invited to attend.

Representatives from the Library of Congress Veterans History Project and the Volunteer Center of Howard County will be in attendance at the Howard County Veterans Resource Fair, ready to record interviews with veterans on-site to be archived in the Library of Congress. Any US veteran is eligible to tell their story, regardless of whether they deployed or saw combat. Interviews will be approximately 30-45 minutes long.

If your organization is interested in participating, please contact the Office of Veterans and Military Families at 410-313-0821 or lbterry@howardcountymd.gov

[Howard County/Maryland Veterans Network of Care](#) - Service Directory for Veterans and their families

[The Work Opportunity Tax Credit](#) – tax breaks if you hire a veteran or other eligible

[Veteran Death Pension](#)

[Veteran Disability Pension](#)

New Regulation Decreases Cost of Outpatient Medication Copay for Most Veterans

The Department of Veterans Affairs (VA) is amending its regulation on copayments for Veterans' outpatient medications for non-service connected conditions. VA currently charges non-exempt Veterans either \$8 or \$9 for each 30-day or less supply of outpatient medication, and under current regulations, a calculation based on the medication of the Medical Consumer Price Index (CPI-P) would be used to determine the copayment amount in future years. "Switching to a tiered system continues to keep outpatient medication costs low for Veterans," said VA Under Secretary for Health Dr. David J. Shulkin. "Reducing their out-of-pocket costs encourages greater adherence to prescribed outpatient medications and reduces the risk of fragmented care that results when multiple pharmacies are used; another way that VA is providing better service to Veterans." This new regulation eliminates the formula used to calculate future rate increases and establishes three classes of outpatient medications identified as Tier 1, Preferred Generics; Tier 2, Non-Preferred

Generics including over-the-counter medications; and Tier 3, Brand Name. Copayment amounts for each tier would be fixed and vary depending upon the class of outpatient medication in the tier.

These copayment amounts will be effective February 27, 2017:

\$5 for a 30-day or less supply - Tier 1 outpatient medication

\$8 for a 30-day or less supply - Tier 2 outpatient medication

\$11 for a 30-day or less supply - Tier 3 outpatient medication

These changes apply to Veterans without a service-connected condition, or Veterans with a disability rated less than 50 percent who are receiving outpatient treatment for a non-service connected condition, and whose annual income exceeds the limit set by law. Medication copayments do not apply to former Prisoners of War, catastrophically disabled Veterans, or those covered by other exceptions as set by law. Copayments stop each calendar year for Veterans in Priority Groups 2-8 once a \$700 cap is reached.

More information on the new tiered medication copayment can be found [here](#).

Baltimore VA Medical Center Contact Info:

- Contact number for the Administrative Officer on Duty (AOD) at the Baltimore VA Medical Center: (410) 605-7316. This is the individual to contact about after hour issues concerning veteran patient that receives their care at the Baltimore VA Medical Center. This person can also make referrals to the Medical Officer on Duty (MOD).
- Contact number for Fee Service: (410) 642-2411, ext. 6924. This is the office to call when a veteran has a life-threatening medical emergency and is taken to a non-VA facility to receive the appropriate authorization number for non-VA care. Currently this office is open Monday through Friday from 8 a.m. to 4:30 p.m., but Dr. Robinson is working to provide staffing for this office to be open 24 hours a day, seven days a week.

[Baltimore VA Medical Center Parking Info](#)

-

Free Weekly Employment Webinars

Join our free weekly 1-hour webinars and learn how to translate your military experience into civilian language; how to find jobs that align to your military experience wherever you want to live; how to tailor and target your résumé and cover letter; and how to tailor your interview answers so you have an advantage over other applicants. Learn the Federal Government (USAJOBS, etc.) hiring process as well as the Corporate Defense Contractor hiring process. Résumé Writing Certification Programs also available. For additional information and to register, please visit www.battlefieldresumes.com/free-webinars.html.

[Additional Benefits for VA Service Connected Veterans](#)

[Corporate Gray Jan 2017 Newsletter](#)

[Military-to-civilian career transition guide : the essential job search handbook for service members /](#) - found in Howard County Public Library and on Amazon.com

[Bunker Labs Builds America Tour](#) - a national network of entrepreneurs founded by military veterans to help other veterans start and grow businesses

[Senior Living Blog](#) – Senior Living Trends, Retirement, Retirement - Financial and Legal, Aging-Health News, Dementia/Alzheimers News

[Warriors At Ease](#) – Yoga for military and veteran families

[National Alliance on Mental Illness \(NAMI\) support groups](#) – education, programs and support all free of charge for all members of a family experiencing mental illness

[Howard County Veteran and Military Discounts](#) – if you have anyone to add, please let me know.

Color Coffee Table Book dedicated to Veterans who served in Africa

In November 2016, Author, Entrepreneur, Educator and Globalnaire, Dr. Timothy D. Wilson, set out on a personal humanitarian expedition capturing the life, culture, people, nature, and the environmental landscape of East African countries, which include Djibouti, Ethiopia, Eritrea, Kenya, Tanzania, Madagascar, and the pristine sands of Seychelles. He covered more than 31,000 miles in a 65-day period, and a plethora of cities, talking, meeting, and interacting cross culturally within the diversity rich environment of Africa.

Spurred by his commitment and contributions to support the military veteran community, which has become a vulnerable population, as well as his vast international humanitarian efforts, this project will serve several purposes. Dr. Wilson will compile more than 10,000 high definition photographic images and publish an exquisite coffee table book in late 2017. Limited photos will

be available on his business website as well. A portion of the proceeds from these sales will go to select veteran organizations.

The campaign for the East African Expedition is actively soliciting donations and organizational support via the Crowd Funding webpage KickStarter link (Pledge Support) at the bottom of this press release.

For more information or booking inquiries, please contact Media Representative, D'edra Y. Armstrong at [\(732\) 213-4983](tel:7322134983) or via email at SpeakWritePub@aol.com.

You can also visit the website at www.TimothyDWilson.com for more information on Dr. Wilson as well as supplemental information on the East African Expedition.

[PLEDGE SUPPORT HERE](#)